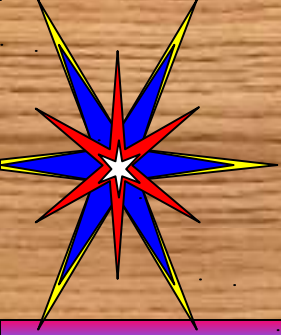


# **Prevention Model**

## **Enabling Learning Objectives**

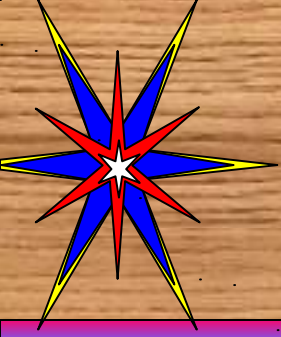
- 1. State the three types of prevention in the Institute of Medicine (IOM) Prevention Model.**
- 2. Select from a list examples of indicated, selective, and universal prevention interventions.**



# Prevention Model

- ▮ Prevention efforts can target various groups within your unit. In 1994, the Institute of Medicine (IOM) introduced several levels of prevention intervention\*, based on the size and type of group you wish to target.

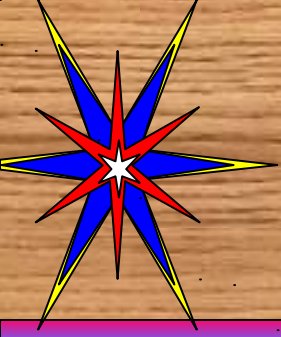
\* The word intervention in this model refers to a well planned education, training, and/or marketing campaign to reduce abuse by teaching the population to make informed and educated decisions about their own alcohol and other drug use.



# Prevention Model

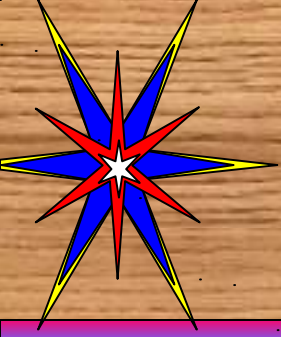
- ▮ **Universal Prevention:** Interventions that are targeted to the entire population. Your “population” includes all Soldiers in your particular unit. This is the type of prevention you will most likely use in your Unit Prevention Plan. Strategies include:
  - ▮ The required four (4) hours of substance abuse awareness education for all Soldiers.
  - ▮ Media and public awareness campaigns associated with national efforts like Red Ribbon Week.
  - ▮ Posters, pamphlets and bulletin boards
  - ▮ Random drug and alcohol testing - Drug testing is a deterrence measure and is for all Soldiers, therefore it is universal prevention.





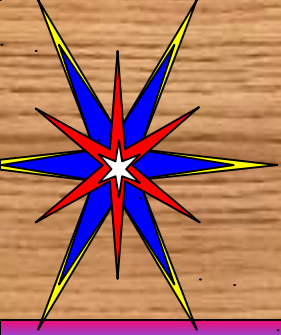
# Prevention Model

- ▣ **Selective Prevention:** Interventions that focus efforts on smaller groups of the total population. These groups are seen as “at risk” for substance abuse. Examples include but are not limited to:
  - ▣ Drug threat classes to Soldiers deploying to certain geographical areas of the world.
  - ▣ Underage Drinking classes to all Soldiers under 21
  - ▣ Responsible drinking classes to Soldiers 25 and under
  - ▣ Date Rape drug classes to female Soldiers
  - ▣ Substance abuse and PTSD to Soldiers that recently returned from combat areas.



# Prevention Model

- ▣ **Indicated Prevention:** Interventions that prevent substance abuse in individuals who show some signs of substance abuse.
  - ▣ Commander should Refer Soldiers who have an alcohol or drug related incident to the ASAP for screening and evaluation. Examples:
    - ▣ DUI/DWI
    - ▣ Impaired on duty
    - ▣ Fighting or injured when drinking
    - ▣ Domestic problems when Soldier had been drinking
    - ▣ Warning signs may include workplace difficulties, depression, family problems, etc.



# Summary

- ▮ **An effective prevention program should include all three types of interventions; this will provide:**
  - ▮ **Basic information and education to all Soldiers**
  - ▮ **Specific information and education to selected groups relating to their high risks**
  - ▮ **In-depth needed information to Soldiers who are demonstrating signs of abuse.**
- ▮ **When developing your unit's prevention plan make sure you incorporate all types of prevention; consult with your Prevention Coordinator if you need assistance.**